



Contact: Tina Strong, Fitness Manager
Telephone: (801) 768-7124 ext. 2309
Email: tstrong@lehi-ut.gov

FOR IMMEDIATE RELEASE

SLIM TO WIN BEGINS ACCEPTING APPLICATIONS

City-Sponsored Weight Loss Program Enters Its 3rd Year

Lehi, Utah | November 27, 2013 – Slim to Win, a six-month weight loss program sponsored by Lehi City's Legacy Center, is now accepting applications for 2014. The competition will begin in January 2014, and registration ends on December 6, 2013 at 6:00 pm.

Slim to Win is a weight-loss contest designed to improve the overall health of the participating contestants. The contest includes nutritional information along with one weekly team workout with a personal trainer and a team-colored shirt. The contest ends with a final weigh-in and body composition test the week of June 23, 2014. Applicants must have an initial BMI greater 30 and be at least 50 pounds overweight. A six-month membership commitment to the Legacy Center is also required.



Last year's winner, Brian Allred, lost 82 pounds, 28 percent of his starting weight, and 7 percent body fat. The winner of the 2012 competition, Rick Worthen, lost 94 pounds, 32 percent of his starting weight. At the beginning of the competition, each contestant is tested for sit-ups, push-ups, and a 1-mile run/walk. Contestants are tested again at the three-month mark and the conclusion of the competition. No matter who wins the competition, each contestant sees marked improvement in their overall health and fitness.

The primary purpose of the competition is to help contestants develop positive health and fitness habits. Previous contestants have overcome diabetes, gone on to run marathons, and become regular participants in the Ragnar event. Those interested in registering can visit the Legacy Center or register online at <http://www.lehi-ut.gov/discover/legacy-center/online-registration>.

###

Lehi City is committed to transparency and keeping the community informed. All media communications should be directed to the Public Information Office. The Lehi City Public Information Officer, Robert Ranc, can be reached at (801) 814-0602, or email Robert at rranc@lehi-ut.gov. Follow us on Facebook or our Twitter handle, @LehiCity.